

REGINA metro

NEWS
WORTH
SHARING.

Curves & **tug for tatas**
securely promotes
breast cancer awareness
June 1, 2014, 1-4 p.m. Tugs (semi pulls) begin at 2 p.m.
Conexus Arts Centre in Doris Knight Hall and Parking Lot

Register as individuals or as teams of 8
(Women's / Co-ed must be over 18yrs old)
at any Curves Regina location
or email: BCAS@sasktel.net
In lieu of registration fee,
minimum \$40 donation/person
to go to Breast Cancer Action SK

WIN PRIZES
PHOTO BOOTH
SURVIVOR
BOARD

Mmm, beige

A Metro reporter spent a week consuming nothing but Soylent. Use MetroAR to see what others thought **PAGE 8**

HE DOESN'T ALWAYS WEAR SWIMWEAR ...

... BUT WHEN HE DOES, HE PREFERS TIGHTY-WHITIES. BECKS TALKS HIS LATEST FASHION PROJECT; USE METROAR TO SEE MORE **PAGE 13**

Partnership, prevention touted as key in crime-reduction strategy



RCMP Chief Supt. Brenda Butterworth-Carr addresses the media on Wednesday in Regina about a study that has found aboriginals comprised 55 per cent of female homicide victims in Saskatchewan between 1980 and 2012. Troy Hagen, chief of Regina police and head of the Saskatchewan Association of Chiefs of Police, is seated next to her. MARCO VIGLIOTTI/METRO

Violence against aboriginal women.

More proactive approach from police forces is essential: Sask. chief superintendent



MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Saskatchewan's senior RCMP official says the force has the necessary tools to make inroads in reducing violent crimes against First Nations women.

Chief Supt. Brenda Butterworth-Carr spoke to media on Wednesday in Regina to address a study by the Mounties that has found aboriginals comprised 55 per cent of female homicide victims in Saskatchewan between 1980 and 2012 — a figure that she says shows more work is needed on the file.

"A lot of effort has gone into ensuring that this is being paid the due respect that it de-

mands, from the formation of our Saskatchewan Cold Case Investigative Unit to the formation of our provincial partnership committee on missing persons," Butterworth-Carr told reporters at RCMP divisional headquarters.

The proportion of First Nations homicide victims in Saskatchewan is the highest of any province, though it's lower than those of Canada's three aboriginal-dominated northern territories.

There were 1,181 missing and murdered aboriginal females identified in the RCMP study. The 1,017 murdered aboriginal women represent a disproportionate 16 per cent of all murdered females.

Butterworth-Carr called for a more proactive, multi-faceted approach from police to address violent crime against aboriginal women.

"We need to get more into preventing these at the outset," she said.

First Nations activists claim that institutional racism has played a dominant role in what they say is a sluggish police response to such cases.

Pressing issue

"A lot of effort has gone into ensuring that this is being paid the due respect that it demands."

Chief Supt. Brenda Butterworth-Carr

They point to a British Columbia inquiry that claimed "systemic bias" within the RCMP and Vancouver police had led to significant errors in the investigation into serial killer Robert Pickton, who preyed on primarily aboriginal sex-trade workers.

The issue has again garnered the national spotlight amid renewed calls for the federal Conservative government to launch an inquiry into it.

While refusing to comment directly on any potential inquiry, Butterworth-Carr pointed out that the numbers of solved homicide cases involving aboriginal female victims are "very comparable" to those of investigations involving non-indigenous women and girls in Saskatchewan.

VERSACE • OAKLEY • RAYBAN • PRADA • TOM FORD • ETNIA • DOLCE & GABBANA • COACH • BURBERRY •

EYES Has it!
EYES —ON HAMILTON—

\$65 OFF

ANY COMPLETE PAIR OF RX GLASSES FRAMES & LENSES
Hurry! Offer Expires June 14, 2014.

1945 HAMILTON | 306-757-2300 | WWW.EYECANADA.COM

MAJIL JIM • ROBERTO CAVALLI • DIOR • GUCCI • MEXX • MICHAEL KORS • CALVIN KLEIN • LACOSTE

EYE EXAMS ARRANGED

ENDLESS

Beauty

Whether you find yourself called to urban parkland trails, the breathtaking South Saskatchewan River, or the peaceful and thriving countryside, beneath vibrant living skies and on the edge of nature, the endless beauty of Saskatoon is yours to explore.



Tourism Saskatoon

TOURISMSASKATOON.COM

Toll Free: 1.800.567.2444



Casinos

Indian Gaming Authority adding 250 slot machines

The Saskatchewan Indian Gaming Authority is getting 250 more slot machines for its casinos — the first additions since 2008.

The authority will have 2,120 machines at its six casinos once the slots are installed next year.

Donna Harpauer, minister responsible for the Saskatchewan Liquor and Gaming Authority, says the new machines will provide more capacity at peak play times and also generate more revenue.

She says Perry Bellegarde of the Federation of Saskatchewan Indian Nations asked for the machines and that the market is there for an expansion.

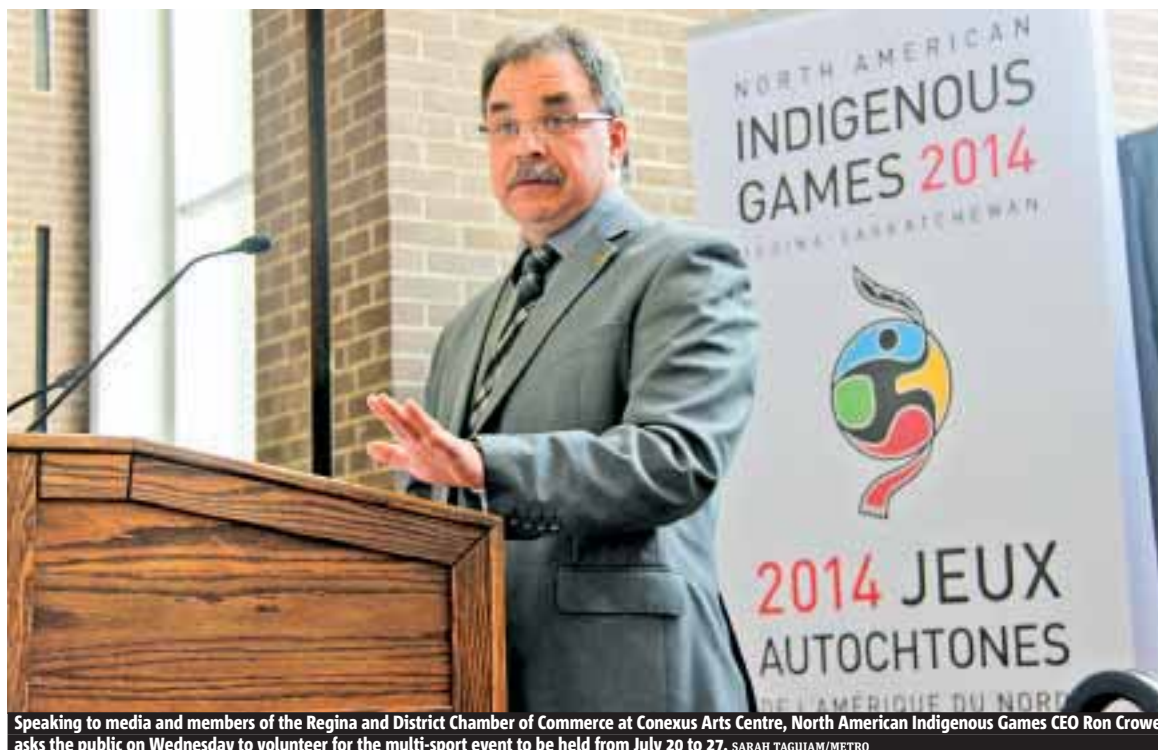
"Two casinos have expanded considerably. That's (Prince Albert) and North Battleford, and the one just outside of Saskatoon is building a hotel, which they think will attract more interest in that particular casino," Harpauer said on Wednesday.

There were already 2,927 slot machines in aboriginal casinos, as well as at the provincially operated Casino Moose Jaw and Casino Regina.

The province also has 3,929 video lottery terminals, better known as VLTs, which are the same as slot machines but are located outside casinos at places such as bars. There is a cap of 4,000 VLTs in Saskatchewan but no maximum number for slot machines.

Harpauer said the difference is that people go to casinos specifically "for a gambling experience."

THE CANADIAN PRESS



Speaking to media and members of the Regina and District Chamber of Commerce at Conexus Arts Centre, North American Indigenous Games CEO Ron Crowe asks the public on Wednesday to volunteer for the multi-sport event to be held from July 20 to 27. SARAH TAGUAM/METRO

Indigenous Games CEO asks city to get involved

Public appeal. A total of 2,900 volunteers needed by July 18



SARAH TAGUAM

sarah.taguam@metronews.ca

North American Indigenous Games (NAIG) organizers appealed to the public on Wednesday for volunteers and sponsors for their multi-sport event, which will be held in Saskatchewan this summer for the first time in more than

two decades.

NAIG chief executive officer Ron Crowe encouraged Saskatchewanians to become involved in the Regina Games, which he calls the "largest indigenous gathering" in North America, in the coming months.

"Things are coming together really well ... but we have a ways to go," Crowe said at a luncheon with the Regina and District Chamber of Commerce (RDCC) at Conexus Arts Centre on Wednesday.

"We're 59 days away and we're watching that to make

sure we have enough volunteers."

NAIG has 600 volunteers signed up, as organizers look for a total of 2,900 — including 500 French-speaking people — by July 18. The Games will be held from July 20 to 27.

Volunteers have to be at least 15 years old, provide security-record checks and commit a minimum of 12 hours to the event.

In addition to getting freebies such as opening ceremony tickets, clothing and meals, Crowe said volunteers will become more employable

by participating.

"We'll also provide training for young people to support the Games," he said, "and provide employable skills in the future."

Crowe also appealed to RDCC member firms to support the Games through sponsorships.

"I'd like to ask each and every one of you to think about volunteering ... and helping," John Hopkins, CEO of the RDCC, told the audience.

"It's a great (event) that will help here in Regina."

1 NEWS

Our profits are your profits.

Members saved over
6.9¢ per litre on fuel purchases.



Sherwood

Corner Gas film Kickstarter passes \$100,000 goal in a day

Movie magic. Film will reunite all eight original cast members and begin shooting in June

A Kickstarter campaign for the Corner Gas movie project surpassed its \$100,000 goal in one day, with donations reportedly flooding in from as far away as Australia, China, India and Kyrgyzstan.

The campaign on the crowdfunding website had raised more than \$125,000 by Wednesday evening after opening on Tuesday morning with a goal of reaching \$100,000 in 30 days.

Corner Gas: The Movie, based on the hit CTV series about a gas-station owner and his friends in a Saskatchewan

town, will be released in December. The movie is fully funded with an \$8-million budget, including taxpayer funds from Telefilm Canada.

Creator and star Brent Butt said on Wednesday that he's stunned by the support for the Saskatchewan-produced film.

"The way people have responded to this show has been blowing me away since that first episode. I thought nothing the fans could do would surprise me anymore," Butt said in a release.

"But to reach a month-long target in one day is beyond incredible."

Some 842 people have backed the campaign, including Maaiké de Lint of Toronto, who was the first to donate, according to Bell Media. One backer purchased a brief speaking role in the film for \$6,000,

while 10 people spent \$2,500 each to play a background role.

Other rewards bought by eager Corner Gas fans include \$1,500 set visits and \$750 to name a character in the film.

Butt has said the goal of the Kickstarter campaign is to give fans a chance to participate in the movie-making process. The first \$100,000 will pay for the fan rewards, while the remaining funds will go toward improving the production.

"There were a couple places where we thought it would be great to have a few extra bucks," Butt said, "to ramp up the special effects."

Corner Gas was a hit during its five-year television run from 2004 to 2009. The film will reunite all eight original cast members and will begin shooting in the town of Rouleau in June. **THE CANADIAN PRESS**



Students get into Public Works Day

Grade 2 students from W.S. Hawrylak School climb onto a snowblower and learn how it's operated during the City of Regina's Public Works Day open house on Wednesday. At the municipal works compound at Albert Street and 5th Avenue, employees demonstrated various services the city provides. For more on this story, visit metronews.ca. SARAH TAGUAM/METRO

Mixed-use building in Cathedral area gets approved

The head of the Cathedral neighbourhood's business improvement association is applauding a plan to construct a four-storey mixed-use building — with retail and apartment units — in the heart of the area's commercial district.

Leanne Strecker calls the planned development a "welcome addition" to the inner-

city neighbourhood that she says has an undeserved reputation as a rough community.

"It's fantastic for the area," Strecker told Metro.

"There have been a lot of changes (in Cathedral) ... and I think they have all been for the better."

The facility will be built at a vacant lot at the corner of

Retallack Street and 13th Avenue, across from a Safeway store and a bevy of adjacent businesses.

During its meeting on Wednesday, the city's planning commission granted approval to the prospective building, which is expected to house 13 dwellings and five commercial units.

Strecker called the inclusion of apartments in the building's design a "big bonus," noting that housing continues to be a major issue for the area, as well as in the entire city.

Planning commission approval was required to rezone two of the five lots on the property — from their current

designation as infill housing to commercial — to pave the way for the addition of retail space.

In a report to the commission, city staff point out that the proposal is consistent with the municipality's plans to encourage increased integration of commercial and residential developments.

An open house showcasing the project's concept plans in March identified concerns from neighbours about the retail units having poor access to 13th Avenue.

City staff, however, maintain that the building's design would "bring activity to the street level."

MARCO VIGLIOTTI/METRO

GET MORE IN A FORD

THE STANDARD FEATURES YOU EXPECT AND SOME YOU DON'T

STANDARD
380 LB-FT TORQUE

STANDARD
5.0L V8

STANDARD
360 HP

STANDARD
FLAT LOAD FLOOR

2014 F-150 SUPER CREW XLT 4X4

LEASE FROM
\$299⁺ @ **1.49%** APR

WITH \$1,950 DOWN

PER MONTH FOR
24 MONTHS

INCLUDES FREIGHT

A 24-MONTH LEASE EQUALS A NEW F-150 EVERY TWO YEARS

F-SERIES CANADA'S BEST-SELLING TRUCKS FOR 48 YEARS*

BEST IN CLASS PAYLOAD*

BEST-SELLING WORK TRUCK

Go Further | prairieford.ca

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offer. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-365-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both on combinations thereof. Retail offers not combinable with any CPA/RP or Daily Rental Incentives, the Commercial Light Program or the Commercial Fleet Incentive Program (CFIP). *2013 New York, NY, 2013. Based on new 2014 F-150 Super Crew XLT 4x4 Package 380 and 4x4 EPA 2014. Not all buyers will qualify for the lowest APR payment. Lease the above model with volume of \$11,950 after \$1,950 down payment or equivalent trade-in. \$5,500 manufacturer rebate. \$2,200 Ford Credit Cash, and including freight and air tax charges of \$1,000 at 1.49% APR for up to 36 months with optional payment of \$2,500. Monthly payment is \$299. Total lease obligation is \$9,120. Additional payments required for PPA, registration, security deposit, VAT (where applicable), excess wear and tear, and any fees. Lease after exclusive option. License, fuel, toll charge, insurance, dealer PDI, administration fees, and any other applicable environmental charges/fees and taxes. Some conditions and mileage restrictions of 40,000km for 24 months applies. Excess mileage charges are \$0.10/km, plus applicable taxes. Excess mileage charges subject to change. See your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. F-Series is the best-selling pickup truck in Canada for 48 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales reports, up to December 2013. *Where properly equipped. Max. payload of 3,100 lbs/2,700 lbs with 5.0L. 16-18T 160/15.16. Excludes 4x2 engines. Class is Full-Size Pickups under 5,500 lbs. (2,450 kg) GVWR. Dealer may sell or lease for less. Limited time offer. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-365-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both on combinations thereof. Retail offers not combinable with any CPA/RP or Daily Rental Incentives, the Commercial Light Program or the Commercial Fleet Incentive Program (CFIP). ® Registered trademark of Prince of Wales International, Inc. used under license. ©2014 Ford Motor Company of Canada, Limited. All rights reserved. ©2014 Sirius XM Canada Inc. "SiriusXM," the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.



Charles feeds Hudson the polar bear

Prince Charles feeds a polar bear at the Assiniboine Park Zoo in Winnipeg on Wednesday. There was a look of mock trepidation on the prince's face as he came close to the bear, who was on the other side of a chain-link fence. Charles and his wife Camilla are on a four-day tour of Canada. The prince used tongs to offer some fish to two-year-old Hudson, who gobbled up the treat. Charles remarked on the size of Hudson's paws, and a zoo-keeper explained how polar bears are able to pull prey from the water with one swipe.

PAUL CHASSON/THE CANADIAN PRESS

Uproar over heir's remark

Charles on Putin.
Prince's remark comes just ahead of Ukraine's presidential elections on Sunday

The seemingly off-the-cuff comment reportedly made by Prince Charles in Halifax comparing Russian President Vladimir Putin's actions in Ukraine to the territory-seizing of Adolf Hitler has stirred debate in the United Kingdom about the role of the monarchy.

Labour Party MP Mike Gapes

weighed in with a tweet that suggested the Prince of Wales should have kept his comments to himself.

"In constitutional monarchy, policy and diplomacy should be conducted by parliament and government. Monarchy should be seen and not heard," he tweeted.

When someone asked him about the prince's right to free speech, he replied on Twitter: "If you are heir to throne or monarch what you say matters. Normal 'free speech' argument not relevant." But Deputy Prime Minister Nick Clegg said the prince was "free to express himself." **THE CANADIAN PRESS**

Ontario wildlife park

Giraffe calf born through artificial insemination

A wildlife park in southwestern Ontario is celebrating the birth of the first giraffe in Canada through artificial insemination.

African Lion Safari in Cambridge says the calf named Safari was born on Dec. 31, 2013, but they only

announced the birth on Tuesday.

The female calf, weighing 132 pounds and standing just under six feet tall, has since been introduced to the herd.

African Lion Safari says this is only the second time in the world that a giraffe has been conceived through artificial insemination.

The calf is a Rothschild giraffe, a subspecies that is classified as endangered.

THE CANADIAN PRESS

Rehab. Rob Ford's Caddy is impounded by OPP

Toronto Mayor Rob Ford's Escalade has been impounded in the Muskoka region after it was pulled over around 2:30 p.m. Tuesday, according to CP24.

The vehicle was pulled over by Bracebridge OPP on Muskoka Road 169 at Butterfly Road. The female driver was reportedly found to be impaired by alcohol.

Ford is known to be in the area while in rehab at the GreeneStone treatment centre. LeeAnne McRobb, 36, of Muskoka Lakes Township, faces charges of impaired driving and driving over .08. She will appear in court June 17.

A representative of Northland Towing and Recovery, in Gravenhurst, confirmed that his towing company received a black Cadillac Escalade and that it is in their impound lot. He said the vehicle will remain there until the OPP chooses to release it.

Newstalk 1010 reported that McRobb is a former patient at Greenestone. "That's for me to know," she said when asked how she wound up behind the wheel.

TORSTAR NEWS SERVICE

THE
**BIGGEST
SALE
OF THE YEAR**

ANNIVERSARY SALE



Blinds, Shades, Shutters, Drapes & More!

**THE MORE
YOU BUY,
THE MORE
YOU SAVE!**

SALE ENDS THIS SUNDAY!

CONTACT YOUR LOCAL STYLE CONSULTANT FOR DETAILS
ON SPECIAL OFFERS IN YOUR AREA.*

ADD STYLE TO YOUR SURROUNDINGS.
BUDGET BLINDS MAKES IT EASY!



SCHEDULE A FREE IN-HOME CONSULTATION TODAY!

www.budgetblinds.ca | 1-877-758-4929

**Budget
Blinds**

★ Canada's #1 choice for window coverings.

*Applies to selected Signature Series® window treatments by Budget Blinds®. At participating franchises only. Some restrictions may apply. Ask for details. Not valid with any other offers, discounts or coupons. Valid for a limited time only. Offer good at initial time of estimate only. ©2014 Budget Blinds, Inc. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, Inc. and a Home Franchise Concepts Brand. Each franchise independently owned and operated.



Flood recovery to cost billions in Serbia, Bosnia

Bosnian residents from a nearby village film floods in the village of Domaljevac near the Bosnian town of Orasje along the river Sava, 200 kilometres north of Sarajevo, on Wednesday. Floodwaters have receded in Bosnia and Serbia, just enough to reveal the next shock: recovery from the historic flood will probably cost billions of euros that neither country has. Although there's no official total for flood damages, the Raiffeisen Investment Group said in a note to investors that preliminary estimates are nearly \$1.8 billion US for Bosnia alone. In neighbouring Serbia, Prime Minister Aleksandar Vucic has said damages could range up to \$2 billion. The record flooding has led to at least 44 deaths: 22 in Bosnia, 20 in Serbia and two in Croatia. Bosnia has one of the lowest gross domestic products in Europe and an unemployment rate of up to 44 per cent. AMEL EMRIC/THE ASSOCIATED PRESS

Residents report extremist group attacked villages

48 more dead. After car bombings that killed 118 in Jos, Boko Haram reportedly target Nigerian villages

Boko Haram assaulted three villages in northern Nigeria, killing 48 people, residents said Wednesday, hours after twin bombings claimed at least 118 lives in this central city in an attack the government blamed on the Islamic extremists.

One of the villages attacked between Tuesday night and early Wednesday is near the town of Chibok, where more than 300 schoolgirls were kidnapped last month by Boko Haram, according to residents and a state



A victim of Tuesday's car bombings receives care in Jos University Teaching Hospital in Jos, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

intelligence agent who spoke on condition of anonymity. During the latest attack on

three northeastern villages, terrified residents said they hid in the bush and watched while Boko Haram fighters set their thatched-roof homes ablaze.

"We saw our village go up in flames as we hid in the bush waiting for the dawn. We lost everything," Apagu Maidaga of the village of Alagarno told The Associated Press. The nearby villages of Bulakurbe and Shawa also were attacked.

In Jos, at least 118 people were killed in Tuesday's bombings, and 64 were hospitalized.

Most victims were women and children who worked as vendors, said Mohammed Abdulsalam of the National Emergency Management Agency. "We expect to find more bodies in the rubble," he said.

THE ASSOCIATED PRESS

Greener Regina

Send your waste to a better place this spring.

Let's all work together to meet our community's goal to reduce household waste from the landfill by 40 per cent by the end of 2015.

Leaf and yard waste depots

Leaf and yard waste depots will be open Saturdays from May 3 to June 7. The City will accept leaves, plants, twigs and more. Branches from elm trees will not be accepted. Bring materials in paper bags or reusable containers. Visit Regina.ca for more information and depot locations.

Recycling for condos and apartments

Recycling is coming soon for all residents who live in condos and apartments and don't have recycling service. Paper, plastics #1-7, glass and tin will be accepted.

Property owners and condo associations will be required to arrange for recycling service by January 1, 2015. If you do not have recycling service yet, please follow up with your landlord or condo association to find out when your collection will begin.

Regina.ca

City of Regina



Criminal allegations. Woman claims she was kidnapped 10 years ago and forced into marriage

A woman who was 15 when she disappeared from her California home a decade ago has contacted police and told them she was kidnapped by a man who sexually assaulted her, forced her into marriage and fathered a child with her, authorities said Wednesday.

Police have arrested Isidro Garcia, 41, on suspicion of kidnapping for rape, lewd acts with a minor and false imprisonment, according to a statement from the Santa Ana Police Department.

In 2004, when the victim was 15 and had recently arrived in the U.S. without legal documentation, Garcia was dating her mother and lived with the family, authorities said, adding that the mother suspected he was sexually abusing her daughter. In 2004, Garcia assaulted the mother, drugged the girl and then fled with her to a house in Compton, locking her in a garage, police said.

Garcia repeatedly told the victim that her family had stopped searching for her and that they would be deported if she tried to leave, the statement alleges. In 2007, Garcia

Similar case

The arrest comes a year after kidnapping and rape victims Amanda Berry, Gina DeJesus and Michelle Knight, three women who'd gone missing separately about a decade earlier, were rescued in Cleveland.

got false identification papers for her from Mexico so he could marry her, Santa Ana Police Cpl. Anthony Bertagna said. In 2012, he had a child with her.

Garcia secured two jobs for them on a night-cleaning crew so he could keep watch over her, authorities said. Bertagna said she tried to escape twice but was severely beaten.

The 25-year-old woman, whose identity is not being released, contacted authorities Monday. Police said she came forward after finding her sister on Facebook. She has been reunited with her mother.

The case has been presented to the Orange County district attorney's office for consideration. THE ASSOCIATED PRESS

Nigeria

U.S. deploys 80 to help with search for kidnapped girls

The United States has deployed 80 military personnel to Chad to help locate the nearly 300 girls kidnapped in Nigeria last month, President Barack Obama said Wednesday.

Obama said the service members will help with intelligence, surveillance and reconnaissance aircraft for missions over northern Nigeria. He says the force will stay in Chad until it is no longer necessary.

THE ASSOCIATED PRESS

France

High winds kill two people

High winds whipping across France have killed two people and, in an unusual measure, pushed the city of Paris into closing all parks and cemeteries.

Three dozen regions in France went on alert Wednesday. Officials said winds could reach 100 kilometres per hour in Paris and elsewhere, prompting a closure of cemeteries and parks in the city. THE ASSOCIATED PRESS

Telecom. Federal privacy law challenged for being unconstitutional

The Canadian Civil Liberties Association is challenging the constitutionality of a federal privacy law that allows private companies to disclose personal information to the government without a warrant.

The challenge comes amid revelations that telecommunications service providers have been disclosing private customer information to government agencies on a broad scale.

In its application to the Ontario Superior Court, the association says law enforcement

may have a need for some personal information, but the current law is too broad and should be struck down.

The association says the consequences of allowing government to access and share personal information without a person's knowledge or consent can be very serious and violate fundamental constitutional rights.

The court filing also said the law allows government agencies to share information with foreign governments in some cases.

THE CANADIAN PRESS

Longueuil, Que.

Father sentenced for fatal slapping

A Quebec man who slapped his teenage daughter so hard she died has been sentenced to 60 days in jail.

Moussa Sidime, 74, is expected to serve his time

two days a week over 30 weeks after he pleaded guilty to manslaughter in the death of his 13-year-old daughter Noutene in October 2010.

The court heard Sidime struck her because he didn't like how she'd completed a chore and because she had been disrespectful.

THE CANADIAN PRESS

Canada pledges \$36M to aid nine African nations



A mother comforts her severely malnourished and dehydrated child in Wajir hospital, Wajir, Kenya. CHRIS JACKSON/GETTY IMAGES

Seven-year plan.

Money will help pay for research into the primary health-care needs of mothers, newborns and children

A week before an international conference on maternal and child health care opens in Toronto, the Harper government is rolling out announcements on what it sees as its signature issue on the world stage.

In Geneva, Health Minister Rona Ambrose pledged \$36 million over seven years to help improve the lives of women and children in sub-Saharan Africa.

Hours later in Calgary, Deepak Obhrai, the parliamentary secretary to Foreign Affairs Minister John Baird, unveiled another program to help mothers and children in South Sudan.

Ambrose was at the World Health Assembly in Geneva when she pledged the money to help pay for research in nine countries into the primary health-care needs of mothers, newborns and children. The countries are Ethiopia, Ghana, Tanzania, Mozambique, Mali, Senegal, South Sudan, Malawi and Nigeria.

Obhrai said Canada will put up \$19.9 million over six years to staff and equip four mobile primary health-care clinics and provide other services to 350,000 people in more than 600 remote communities in Warrap state, South Sudan.

Canada will also help train 1,500 community health volunteers, deliver 116,000 anti-malarial bed nets and build 170 safe drinking water points.

The announcements come ahead of the May 28 to 30 conference in Toronto, which is aimed at helping to shape future action on maternal and child health problems.

THE CANADIAN PRESS

Need help finding your way?
Try a path in retail.

Search the most jobs from Canada's top retailers.

Retail jobs are now in season. With over 3,000 job listings available in our Retail Career Centre, shopping around for your next opportunity has never been easier. It's what makes Workopolis Canada's number one job site.

workopolis.com

#workopolis

WORKOPOLIS



"Number one job site" based on six-month average online job postings for period ending March 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

Seven days of Soylent

Forgoing solid food.

Soylent may be convenient but it's not very appetizing, says reporter Jessica Smith Cross, who spent a week living on the liquid



JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Standing at the streetcar stop a few weeks ago, tired and hungry after a long day at work, my arms loaded down with groceries, I longed for Soylent.

I had interviewed Rob Rhinehart, whose company sells Soylent, a beige liquid that he claims has every nutrient, calorie and protein the body needs. It's made from a bag of powder — maltodextrin (simple carbs), rice protein, oat flour and a blend of vitamins and minerals — and a packet of oils that provide fat and omega-3s. It costs about \$10 a day. You just mix, carry it around in a water bottle and sip.

He'd promised to send a sample. Though I enjoy eating and cooking, the idea of taking a break (from shopping, cleaning, being too busy to eat and then wanting anything covered in cheese) was appealing.

People worldwide are clamouring for Soylent. His company raised more than \$1 million in pre-orders through crowdfunding and more still in venture capital funding.

Rhinehart, who is trained as an electrical engineer, was working at a failing startup in California when, time and money-starved, he decided to "hack" food. He wrote a blog post called "How I stopped eating food" about eating nothing but Soylent for 30 days.

"My energy level had skyrocketed at this point. I felt like a kid again.... I feel like the six million dollar man. My physique has noticeably improved, my skin is clearer, my teeth whiter, my hair thicker and my dandruff gone," he wrote.

He went on to live on Soylent for two more months. Today, he relies on it for 90 per cent of his meals, he said.

It sounded wonderful, so I decided to give it a try. Here is my own account of seven days on Soylent. The rules I set for myself: I couldn't eat anything; I drank Soylent, as well as coffee, lattes and water; I imbibed a few alcoholic drinks and an Italian soda.

Results may not be typical.



Metro reporter Jessica Smith Cross ate nothing but Soylent for seven days. METRO

Tuesday

With a friend as fellow guinea pig, I mixed my first batch of Soylent with equal parts trepidation and excitement. The smell was familiar: vanilla, like batter, the taste slightly sweet with chalky notes.

Moments later we received news a mutual friend had died, not unexpectedly. Soylent was forgotten. That evening, friends snacked as we swapped stories of the departed. Later, as they cooked dinner in my kitchen, I thought about how food is a ritual we bond over in joy and grief. When there were breaks in conversation, a friend would ask about Soylent, and everyone would weigh in with a question, thought or joke. It helped.

Wednesday

I felt awful. I began having heartburn and I'd feel discomfort after drinking it. I was finding myself not hungry but missing being full. Instead of a break from food, it was all I was thinking about. Any advertisement, mention or smell of food would upset me. I couldn't stop thinking of the scene in the dystopian sci-fi film *Soylent Green*

(in which their Soylent is made of people) where the character Sol — who hasn't had real food in years — takes great pleasure in eating lettuce. Oh God, I missed lettuce.

Thursday

I was getting bored with the monotony of Soylent, so for breakfast I added espresso powder and ice. For lunch, when I tried to microwave it, my meal got thick and exploded. But thinned down with some hot water and cocoa powder, it made a passable hot chocolate.

The cravings for real food weren't going away. When a co-worker offered me a doughnut, I barked "No" so loudly the whole newsroom stared at me.

Later at a get-together, I tried a Soylent cocktail and made a Bailey's-whiskey mix. Not bad, but after one I'd had enough.

Friday

On Fridays I volunteer at a breakfast drop-in program. I thought it would be difficult to be surrounded by and cooking large quantities of food. Fortunately, it was so busy I didn't have time to think about it.

Saturday

At a friend's cottage, the host put together a beautiful array of food — fruit, nuts, cheese, meat, bread, avocado and hard-boiled eggs. I stared longingly. This was the start of my food-staring phase. When my husband was eating a delicious-looking beet salad that night, I couldn't tear my eyes away. My mouth watered. "Describe it to me," I demanded.

"This is weird," he replied.

Sunday

At dim sum with friends there was more staring at food, more jokes about how crazy it is not to eat. It was funny, but I was sad to miss the experience of sharing and tasting food. I noticed it was getting easier. The trouble digesting Soylent was all but gone. I got used to feeling a food craving, acknowledging it and moving on. I had the energy to go out dancing.

Monday

At the gym, I was happy to find I was in the same shape as the week before. I had the energy for my normal workout. I hadn't lost or gained weight.

Day 2

"I was finding myself not hungry but missing being full."

Metro's Jessica Smith Cross

Jessica's bottled Saturday meal versus her friends' gorgeous spread. Scan the photo with your Metro News app to watch a clip from *Soylent Green*. METRO



On tap

A future free of food fears?

Rhinehart's company is working to get Soylent to crowdfunding after lengthy delays. They're now shipping to Americans who ordered a three-month supply.

In the long term, Rhinehart said he envisions a world where Soylent is free on tap and no one has to worry about food again.

In line with that vision, he's taken an open-source approach to Soylent: he posted the recipe online and doesn't have any patents. He said there will be some changes to the recipe, as he hopes to source much of the product from algae as it's an environmentally friendly and efficient food.

A clinical trial to determine the health effects of a Soylent diet is underway, said Rhinehart. Most skepticism from nutritionists, dietitians and doctors have come from a lack of testing.

"That's kind of overkill for a food," said Rhinehart. "A lot of people get very concerned about this product, but it's just food, like fish and chips or cereal."

for the user to live on it entirely; that wouldn't be very interesting or very fun. But it is possible," Rhinehart said.

He said Soylent is a substitute for "utility" meals: meals you don't have time to enjoy and likely aren't healthy as it's expensive to eat well on the go.

But then, Soylent isn't that kind of diet. In the last few hours, I made a batch of muffins for the morning and it took all of my will not to eat one.

The final gulp

I never got to the point where, like Rhinehart had described in his blog post, I wouldn't crave food if I smelled it but want Soylent instead. I never felt I had extra energy.

Rhinehart attributes the "six million dollar man" feeling to his switch from an unhealthy diet to a healthy one, so perhaps I had a healthier baseline.

Knowing I'd been eating nothing but Soylent all week, he told me that wasn't Soylent's intended use. Soylent's marketing department had told me the same after I complained on Twitter about finding that hard.

But, everything I read about Soylent, beginning with Rhinehart's own blog, was Soylent could be all the food you need.

It's been heralded in the media as "the end of food" and a product that could change the world as we know it, so I was disappointed to be scolded for trying to live on it for just a week.

"The product wasn't meant

Site to hand over info

Time to rethink renting out your place on Airbnb?

New York's attorney general and the website Airbnb have reached agreement on information disclosures about short-term New York City apartment rentals.

It requires the company to provide investigators with information about city apartment listings within 51 days, with renters and properties identified only by assigned numbers. After a review, Airbnb will provide user names, apartment numbers and tax identification numbers about those suspected of breaking the law requested within the following year.

THE ASSOCIATED PRESS

Quoted

"We view this as a template for other places in the country where the issue has been raised."

N.Y. Attorney General Eric Schneiderman

Club shows Hova is still a business, man

At the 40/40 Club, ESPN on the screen. Jay Z gets dirt off his shoulder, tries again with club in Atlanta airport after closures in Atlantic City and Vegas

Jay Z brought his 40/40 Club to the world's busiest airport on Wednesday, with the opening of the swanky bar's third location.

40/40 is open to ticketed passengers at Hartsfield-Jackson Atlanta International Airport, according to spokeswoman Victoria Hong of Delaware North Companies, which partners with the rap mogul. The sports bar is in the airport's Concourse D concessions area, Hong said.

"We want to have the same type of feel as the regu-

lar 40/40 Club," Hong said. "It's the airport version of the 40/40 Club."

Airport concessions director Paul Brown said there are plans to create a VIP lounge area of the club, separate from the sports bar — at 1,500 square feet — on a different floor. The lounge is expected to open in the late fall, Brown said.

Brown called the lounge a "scaled down" replica of the original club.

40/40 restaurant and lounges also are located in Manhattan and the Barclays Center in Brooklyn. Jay Z also had clubs in Las Vegas and Atlantic City, N.J., but both closed.

The original Manhattan location opened in 2003.

40/40 was named after the rare feat among ballplayers of hitting 40 homers and stealing 40 bases in one season.

THE ASSOCIATED PRESS



Pawsitively pricey pet pics

A photo provided by a pet photographer shows Heyla, a 10-year-old Saluki, photographed in Paris. Pet portraiture is becoming big business for photographers as more and more families seek to capture canine memories. A consultation and hour-long photo shoot can fetch \$500. THE ASSOCIATED PRESS

Database compromised

eBay asks users to change passwords after cyberattack

E-commerce site eBay is asking users to change their password after a cyberattack compromised a database containing encrypted passwords.

The company says there is no evidence of any unauthorized activity. THE ASSOCIATED PRESS

Market Minute

DOLLAR
91.62¢ (-0.13¢)

TSX
14,649.86 (+124.67)

OIL
\$104.07 US (+\$1.74)

GOLD
\$1,288.10 US (-\$6.50)

Natural gas: \$4.48 US (-\$0.06)
Dow Jones: 16,533.06 (+158.75)

2.99

44-month rate on a fixed mortgage*

*Rate subject to change

Own sweet home.

Affinity
Credit Union

The Annual Percentage Rate (APR) for the 44-month fixed closed mortgage is 3.002%. The APR is calculated on a \$250,000 mortgage with joint owners, monthly payments, 25-year amortization, with usual fees. If we require you to obtain an appraisal, the appraisal fee would increase your APR. Your lending specialist will discuss any additional fees that may increase your APR. Interest rates subject to change at any time without notice.

DRESSING FOR BACHELORS 101

Clothes make the man, wouldn't you agree?

When I met my girlfriend, I worried I'd no longer be able to write about my favourite topic: bachelorhood. But I always understood deep down that bachelorhood is not about your relationship status. It's about living a lifestyle that leads acquaintances to assume you live in the woods, possibly with wolves.

If you eat Mini-Wheats directly from the box for "dinner," wash the dishes by whacking them against a hard surface or, yes, dress like you found your clothes in the dumpster outside the Goodwill, then you get to keep the bachelorhood union card.

My wardrobe keeps me in the comfortable environs of bachelorhood, girlfriend or no.

I'm not what you would call fashion-forward, or even fashion-sideways, but I dress pretty well.

I mean, if there's a tie involved I can't. And if my back's acting up then putting socks on requires a repeated fishing motion until I "catch" the sock on my big toe. And I find it hard to work buttons



HE SAYS

John Mazerolle

metronews.ca

while I'm looking in the mirror.

But when my girlfriend and I went shopping for jeans this week, my contribution was pulling them on, so I definitely dress pretty well. Usually.

Despite these wardrobe malfunctions, I still have the bachelor clothing itself down to a science. Observe with these tip-top tips:

How to be a fashionist: Clothing for bachelors

Be fashionable in bulk: The worst part about clothes is that you have to buy them. One of the reasons I've managed to keep slim over the years is that when my jeans start to get tight in the waist, I lose weight. Self-discipline? No. I'd simply rather diet and exercise for three months than shop for 45 minutes.

So, if you try on something you like, make a beeline back to the table it came from and buy it in every colour available. Also buy larger sizes for when you gain weight and smaller sizes for when you're old and frail.

If anyone notices you're wearing the same pattern day after

day, it means they like you. Go for it.

Dress outside the box: Say you only have one black button-up shirt that you've worn for at least 10 years and which gets used for every semi-formal event, from wedding to funeral to job interview for newspaper columnist. Hypothetically.

If that sounds like you, your wardrobe probably seems a little spare. But wait! Did you know you can wear that shirt unbuttoned OR buttoned? Tucked OR untucked? Clean OR dirty? Suddenly one shirt is an entire wardrobe! The possible combinations are literally six!

Out-wait your clothes: I find it's best to wear clothes until the last possible moment of their life. Your jeans should moult off your body as you buy a new pair.

And do you have dirty clothes lying about that fail the smell test? If you let old laundry sit long enough, it will eventually pass the little-used smell re-test. Everybody loves a redemption story.

I hope you find these fashion tips useful. It's not about the look, it's about the attitude. The clothes make the man.

Or put another way, I wear the pants in my relationship. Whichever pair she chooses.

ZOOM

Croaking in the rain



This tiny frog shows even amphibians don't like getting wet sometimes by turning a leaf into a makeshift umbrella. MUHAMMAD RIDHA/SOLENT NEWS

Shelter from the storm

This green frog took shelter under a tropical plant to escape the shower in his jungle abode. Photographer Muhammad Ridha, 27, spotted the creature trying to dodge the raindrops while out for a walk near his home in Borneo, Indonesia. **MWN**

Photog's view



“When the frog saw me watching him, he stayed quiet but just carried on with his funny behaviour.”

Muhammad Ridha

Picture proves worth the wait

Ridha stayed for half an hour to capture the image of the human-mimicking amphibian using his 50-mm lens. “I have never seen anything like this before so (I) decided to wait for that perfect moment,” he said. “By great coincidence, I was there to see the frog holding onto the leaf stem like a person would clutch the handle of an umbrella.” **MWN**

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on pages 5 and 8 in News, page 13 in Life and page 18 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.



Worth mentioning

Not-so-happy times for dancing Iranians

An Internet video of six young Iranian men and women dancing to Pharrell Williams' Happy has led to their arrests, showing how far Tehran will go to halt what it deems to be decadent western behaviour — despite the views of its moderate president.

Criticism outside Iran was predictably swift Wednesday, with calls for freedom for the jailed youths zipping around social media. Williams tweeted: “It's beyond sad these kids were arrested for trying to spread happiness.”

A tweet posted Wednesday



Pharrell Williams GETTY IMAGES

evening on President Hassan Rouhani's account seemed to address the controversy, even if it stopped short of mentioning the video or the arrests directly.

“#Happiness is our people's right,” it said. “We shouldn't be too hard on behaviours caused by joy.”

Other social-media posts

suggested at least some of the dancers had already been released, though there was no independent confirmation from authorities.

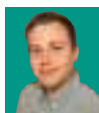
The case was another reminder of the tensions that exist at the highest levels of Iranian power, with hard-liners determined to maintain the status quo while moderates try to push through change — be it improved relations with the West or a loosening of morality clamp-downs at home.

Hard-liners are increasingly challenging Rouhani as the country negotiates a nuclear deal with world powers. The president campaigned for greater cultural and social freedoms in his bid to succeed Mahmoud Ahmadinejad last year.

THE ASSOCIATED PRESS

Classic country meets Dylan meets the Dead on new album

Real Ponchos. Jam band from Vancouver channels a diverse variety of influences on *Since I Let You Go*



JACOB MORGAN
Jacob Morgan
regina@metronews.ca

Every Grateful Dead fan has a favourite era of the band.

For self-described dead-head Ben Arsenault, who plays guitar and sings in Vancouver-based group Real Ponchos, the answer settles down easy.

"I like the early '70s," Arsenault says. "I would say just the collection of tunes they were playing around '72 to '73."

This shines through loud and clear in the mellow country-rock vibes on Real Ponchos' debut full-length album, *Since I Let You Go*.

Overdubbed organ and pedal-steel flourishes complement a live-off-the-floor approach. And Arsenault's songs are as traditional as they are psychedelic.

"Grateful Dead is my favourite band, but if I had to pick a genre, it would definitely be classic country," he said.

The brooding Outta' This Place and the lonesome and melodic title track are good examples of his two main influences.

But the members of Real Ponchos aren't quick to be pigeonholed.



Real Ponchos, from left, Michael Wagler (bass), Ben Arsenault (guitar/vocals), Emile Scott (guitar/vocals) and Emlyn Scherk (drums/percussion), are on a cross-country tour in support of their debut album, *Since I Let You Go*. COURTESY TAYU HAYWARD

Fellow guitarist and singer Emile Scott shares some writing duties with Arsenault, and has tastes lean to the folk and soul side.

Just Like a Slow Burn is more Dylanesque than anything else on the album, while It's Gonna Happen is an

upbeat and sunny highlight.

Producer and engineer Jesse Gander, at the renowned Hive Creative Labs outside Vancouver, helped them realize the style they were after.

Gander worked out of the Hive until the space

closed last year. He recorded many local indie acts there, including Japandroids and White Lung.

"We met him before we went into the studio and kind of gave him an idea of what we were looking for," said Arsenault.

"He's responsible for that nice quality sound."

It all comes together on *Along The Way*, a 10-minute extended jam.

Although the improvisational exercise captures the feeling of a concert in the studio, the result is a far cry

Don't miss the jams

Real Ponchos will be performing in Regina on June 7 at the Lancaster.

from the technical soloing music fans have come to associate with jam bands.

The instrumentation is more Dead than Phish, which Arsenault said is due to the simple fact that "the songs themselves are usually pretty straightforward country or folk songs."

Quoted

"Grateful Dead is my favourite band, but if I had to pick a genre, it would definitely be classic country."

Ben Arsenault, guitarist and singer for Real Ponchos on his influences

Choose one:
A) Fees B) No fees

It's that simple.



Tangerine.ca | 1-888 Tangerine

Tangerine
Forward Banking

Tangerine is a trademark of The Bank of Nova Scotia, used under license. Forward Banking is a registered trademark of Tangerine Bank.

2 SCENE



Jennifer Aniston

Jen wants to shed 10 pounds for her wedding

Not that anyone would say Jennifer Aniston is out of shape, but a rather catty source close to the former *Friends* star insists that Aniston is looking to shed an extra 10 pounds before tying the knot with fiancé Justin Theroux. “No way is Jen getting married at this weight. She’ll lose another 10 pounds before she’ll walk down the aisle,” the source tells Radar Online. “Jen’s besties, including Chelsea Handler and Courteney Cox, have been informed of Jen’s weight loss plan and support it — which sounds terrible, but is absolutely how Jen operates among her peer group.”

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Khloe and Kourtney want clown charged

MELINDA TAUB

Metro World News

Khloe and Kourtney Kardashian are pressing criminal charges against a Los Angeles man for criminal battery. Sounds serious, until you find out that what he battered them with was confetti.

The sisters were walking on Melrose in Los Angeles when local street performer Richie the Barber, who was riding his unicycle nearby, spotted them. The clown hurried over and showered them with confetti, according to TMZ.

The two sisters were not



amused. They immediately filed a police report, which the police reportedly ignored as frivolous. However, Khloe and Kourtney followed up several days later, indicating that they planned to press charges.

Police then asked Richie the Barber if he intended to

harm the women. He said no, according to TMZ: The confetti was meant to congratulate them on their success.

Let’s hope Kim and Kanye don’t have rice thrown at their wedding — Kim’s sisters might have them arrested for attempted murder with a deadly weapon.



Lea Michele ALL PHOTOS GETTY IMAGES

Rachel and Mr. Schue?! Lea Michele admits to once dating Matthew Morrison

Lea Michele is changing her tune when it comes to her past with *Glee* co-star Matthew Morrison, but that’s what happens when you have a book to sell. Back in 2010, stories cropped up about how the two had dated briefly before joining the hit musical series, but both vehemently denied them. “He’s been a friend of mine from New York. People are going to make things up. I think it’s just because we really are so

close,” she told Hollywood.com at the time. But now? In her new book, *Brunette Ambition*, Michele recounts, “When we shot the pilot, I met Cory Monteith, Kevin McHale, Amber Riley and Chris Colfer for the first time. I had worked on Broadway with Jenna Ushkowitz and Matthew Morrison before. Matt had been a friend of mine for years, and in fact we’d actually dated back in the day.” Glad we got that cleared up.

You could

WIN

a copy of “The Monuments Men” on Blu-ray™ Combo Pack.



No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

“FASCINATING AND INSPIRING.”

— Lou Lumenick, NY POST



metro

TODAY'S HOROSCOPE:

Neptune is suggesting that now may be the perfect time to get the Metro News App

Is the new Metro News App in your future? It should be — especially if you want access to the Metro News features you love, including horoscopes, local news, sports, entertainment and much more.



Download the Metro News App today at metronews.ca/



Beaching it like Beckham

Let's talk trunks. The ex-footballer takes a dip into swimwear in latest collaboration with H&M.

RICHARD PECKETT

Metro World News

If you only knew of David Beckham's existence through billboard posters, you'd swear that the man lives his life in tiny trunks. The 39-year-old's latest collaboration with Swedish retail chain H&M does little to dismiss that image. This time the tattooed body beautiful is launching, in his words, "a simple, old Bond movie-inspired" swimwear range of board shorts, trunks and swim shorts as part of David Beckham Bodywear for H&M. It's at a rooftop open-air swimming pool with gushing girls and water fountains that 'Goldenballs' reveals his designs that will hit stores globally today. Metro chats to Becks about stripping down, movie cameos and why tighty whities are his trunk of choice.

You've worn many different styles of swimwear over the years but which is your preferred cut?

I've kind of always gone for the tighter, smaller swimwear, personally. I'm sure there's gonna be a point where I'm not going to like it as much. But at the moment and from a very young age I've always gone for the tighter smaller white ones. One of my first actual holidays with Victoria — we'd only been together for about eight



Spice up your swim

"One of my first actual holidays with Victoria — we'd only been together for about eight months — I remember wearing a tight Gucci pair, which was quite daring but I was obviously trying to get her attention."

David Beckham on his swimwear choices

months — I remember wearing a tight Gucci pair, which was quite daring but I was obviously trying to get her attention. I wouldn't wear the smaller tighter ones walking down the beach with my kids. They'd be embarrassed.

Speaking of embarrassment, how do your boys feel about you wearing such a revealing style? Have you achieved embarrassing dad status?

(Chortles) They do give me the embarrassing dad look when they walk past a billboard of myself.

My mum does exactly the same. She will call up and say, "I've just walked past a huge billboard of you in your underwear." The boys are used to it now. The boys will kind of actually take selfies of themselves of me and my underwear.

You have to stay in great shape for these campaigns. Don't you ever want to just kick back with a beer?

Yeah, I do that anyway. I just have to make sure I work out in the morning after. To be hon-

est, I actually don't really work out every single day. I always take the boys and Harper to school. Trying to find time to work out during the day is difficult.

For how many more years are you going to keep stripping down?

Not many more. I'm not trying to get away from that, but obviously I'm 39 years old now and I don't think people want to see me in my underwear beyond this age. I'm still comfortable doing it but there will be a point pretty soon that I'll hang my underwear up.



PLUS
HOMES



Cookbook of the Week

Paris state of mind

LAURA CALDER



Paris is known for its whimsical tourist attractions, romantic backdrops and, of course, its indulgent food.

In Paris Express: Simple Food from the City of Style, Laura Calder demystifies the idea that Parisian bites are technical and tedious. With photos of both dishes and city scenes as well as about 120 recipes, Calder helps readers to build their Parisian kitchen repertoire through helpful tips. Recipes include Veal Fricassée with Mushrooms, Seared Duck with Plum Compote, Red Onion Tart, Raspberry Clafoutis, and more. **METRO**

Steak Tartare. This bistro favourite is authentically Parisian

"Burgers are storming Paris at the moment — hélas! — and everyone eats them with a knife and fork," writes Laura Calder in her book Paris Express. "But steak tartare remains a bistro favourite, and I prefer it hands down, as long as it's a good one, which, quite frankly, is a rare find (no pun intended)."

"To make your own, be sure to get the meat from a reputable butcher and let him know you'll be serving it raw. A bit of fresh horseradish grated over the final product is classic. The contrasting crunch of thin slices of lightly toasted olive-oil-rubbed baguette are de rigueur with this, unless you're going to play bistro yourself and serve it with crisp french fries."

1. Make this dish just before serving.

2. If you haven't had the butcher mince the meat for you, put it in the freezer for about 30 minutes to make it easier to cut, then mince it very, very

Ingredients

- 8 oz (225 g) rib-eye steak
- 1/2 shallot, minced
- 2 anchovies, rinsed and chopped
- 1 raw egg yolk (or 1 tsp mayo)
- A handful of chopped fresh parsley
- 1 tbsp chopped cornichons
- 1 tsp chopped capers
- 2 tsp Dijon mustard
- 2 tsp Worcestershire sauce
- 2 tsp Cognac (optional)
- Few drops hot pepper sauce
- Salt and pepper
- A squeeze of lemon juice
- A handful of micro-greens, for garnish
- Olive oil

finely with a knife.

3. In a bowl, mix the shallot, anchovies, egg yolk, parsley, cornichons (gherkins), capers, mustard, Worcestershire sauce, Cognac (if using), and hot pepper sauce. Add meat and mix well. Season with salt, pepper, and lemon juice. Shape into 4 patties and arrange on plates.

4. For garnish, dress a handful of micro-greens very lightly with olive oil, lemon juice, and



This recipe serves four. PHOTOS ANCUȚA IORDĂCHESCU © 2014

salt and pepper. Set a pinch on top of each tartare shape and

serve. **RECIPE FROM PARIS EXPRESS BY LAURA CALDER ©2014 (PUBLISHED BY**

HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.)

You may not have grass on your front lawn yet, but there's no reason to do without that intense fresh scent and spring colour that we remember from days gone by. These grass-inspired items give you all the green without the need for a lawn mower



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Green, green grass of home

Evergreen turf

Create a lush, realistic lawn inside or out. With colours and texture to mimic real grass, UZ-ITE 100% olefin carpet is non-fade and can be hosed down to clean. \$18/square yard, HomeDepot.ca



Tailor-blade tableware

A lush grass graphic to adorn your tabletop. Euro Ceramica's New Grass 16-piece collection is microwave and dishwasher safe. \$90, BedBathAndBeyond.ca

Faux potted

A faux take on potted grasses. Lush everlasting grass in a ceramic planter brings a touch of spring to any room. \$14, UrbanBarn.com



Pick your colour palette

Pastels are trending this year when paired with classic grey or camel

Spring is the time to lighten up, and there's no better way to get ready for the season than with a fresh coat of paint in your home.

An abundance of inspiring hues are in full bloom right now and Sharon Grech, the colour and design expert at Benjamin Moore, shares her favourite colour palette picks, as follows:

ALL ABOUT BLUE: It is the colour of sea and sky, and it's a top choice for paint and accessories this year. In fact, Benjamin Moore named Breath of Fresh Air, a light, ethereal blue, its 2014 colour of the year. Breath of Fresh Air accompanies a palette of 23 trend colours that both stand on their own and work in harmony, allowing the transitions of spaces and colours to flow seamlessly.

"This is a direct result of the fresh colour cues and pastel trends we've seen throughout the home furnishing, fashion and even pop culture landscape," says Grech.

"This colour has a filtered, nostalgic air that lends itself to any room in the house and

"THIS IS A DIRECT RESULT OF THE FRESH COLOUR CUES AND PASTEL TRENDS WE'VE SEEN THROUGHOUT THE HOME FURNISHING, FASHION AND EVEN POP CULTURE LANDSCAPE."

– Sharon Grech, colour and design expert, Benjamin Moore

is the perfect coloured neutral."

Paired with classic grey or camel textiles and burnished metals, it feels freshly sophisticated. Plus, when paired with white," she points out, "it's simply serene."

PASTELS CONTINUE TO PLEASE: Soft pastel shades are a popular choice among designers and homeowners alike, as they bring an instant sense of relaxation to any space.

When choosing pastel paint colours for the home, Grech recommends Lavender Mist, especially when accentuated with crisp, natural linen textiles and pops of natural greenery for a look that is fresh and inviting.

For a delicate and feminine look, Peach Parfait is a sweet and soft choice — and to keep the final result from being too saccharine, pair this peachy-pink tone with a complex grey to add weight to the space.

ACCESSORIES ADD THE PERFECT FINISHING TOUCH: Now is the time to switch out any dark, heavy decor accents for lighter and brighter options. Warm metallic accessories like an impactful picture frame or a beautiful vase provide a welcome contrast to this refreshing spring palette. A linen throw and textured cushions help lighten the room for a fresh, inspired look.

You can follow this trend online at BenjaminMoore.ca or visit your local retailer for more guidance.

– News Canada



NEWS CANADA

ADVERTISING FEATURE

Deveraux Developments makes renting more enjoyable

New, well appointed, immaculately maintained — these terms aren't usually associated with rental apartments. But a new perspective on renting is developing in Regina — homes for the discerning apartment resident.

Deveraux Heights, a new three-building, 160-suite rental complex in the Harbour Landing neighbourhood of southwest Regina, was built to provide a convenient, comfortable experience for residents, says Jamie McDougald, chief operating officer of Deveraux Developments.

"We challenge our residents to rethink rental. Many people carry a negative connotation about renting. They think of old apartments and appliances, poor design, coin laundry and bad landlords.

"Like all of our properties, we designed Deveraux Heights to make renting enjoyable. Our goal is to provide our residents quick and professional service, premium locations, contemporary interior design and reasonable prices."

Suites in Deveraux Heights will be a pleasure to live in, McDougald says.

"We took every detail into consideration."

The one-bedroom-plus-den and two-bedroom suites will have granite countertops, vinyl laminate-style flooring, ensuite laundry, central heating and air conditioning, and a four-piece, full-sized appliance package.

"Location is another key factor we consider," McDougald says.



CONTRIBUTED

Deveraux Heights is located a short walk from the Grasslands retail area for maximum convenience.

Deveraux Heights will be move-in ready May 15. Rent starts at just \$1,125 per month.

For more information, please visit rethinkrental.com.



Show Suite
Now Open

DEVERAUX HEIGHTS APARTMENTS

5601 Gordon Road, Harbour Landing (Southwest Regina)



1 Bedroom with Den & 2 Bedroom Suites Available

In Suite Laundry • Contemporary Design • Premium Location
Central Heat and Air Conditioning • Full Sized Appliances

RENT STARTING AT JUST \$1125/MONTH

Amenities proximal to Deveraux Heights include:

Grasslands Retail Area • Walmart • Southland Mall • Sheldon Williams Collegiate
Campbell Collegiate • Ethel Miliken Elementary School • Deshayee Elementary School
University of Regina • SIAST (Saskatchewan Institute of Applied Science and Technology)

It's time to ... **RETHINK RENTAL**
www.rethinkrental.com | 306.781.RENT (7368)

MOVE INTO A NEW BEGINNING

CHOOSE YOUR PREFERRED STYLE WITH PRAIRIE COUNTRY HOMES

Homebuyers can be certain they will find the perfect home at a location that suits their needs with Prairie Country Homes.

"We never compromise in providing what our buyers want, to feel sure of their home model and location," says Jaimey Midtdal, spokesperson for the Red Door Venture Group.

With Prairie Country Homes, buyers start with their choice of pre-approved neighbourhoods. They select their preferred style from a range of four diverse floor plans. With four CSA-approved, pre-built and move-in ready models, Prairie Country Homes give homebuyers a new beginning, Midtdal says.

"Whether buyers are looking for their very first home or searching for room to grow, our range of four homes is the perfect fit for a variety of needs."

Buyers of other developments often have to wait for more than a year for their new home to be completed, Midtdal says, but buyers of Prairie Country Homes experience no delay moving into pre-approved neighbourhoods throughout southern Saskatchewan.



CONTRIBUTED

"We wanted customers to be able to get excited about their new home purchase and then actually get to live there," she says.

Buyers can choose from Prairie Country Homes' four practical floor plans, ranging in size from 1,000 to 1,300 square feet.

Athabasca, Greenwater, Rowan and Cypress all feature two- or three-bedroom floor plans. Athabasca has the largest area, featuring a

master bedroom with walk-in closet. Greenwater is perfect for family life, featuring three bedrooms, one bath and a large open kitchen with a walk-in pantry. Rowan includes two bedrooms with one bath and a practical main-floor laundry for those just thinking about starting a family. Cypress pleases buyers looking for a simpler home, with three bedrooms and one bathroom at a slightly smaller scale.

ENHANCE YOUR HOME'S LOOK

A home can be a lifetime investment as well as a living space. It's important to help this investment grow in value over the years by protecting and enhancing its appearance.

Homeowners don't have to be intimidated by the potential cost of renovations with these cost-effective ways to rejuvenate a home.

1 Kitchen. Make your stylish kitchen the envy of all your friends by upgrading cabinets. A simple paint job helps avoid that dated look in cabinets and drawers. Mix up the colours to make the most of this important room in your home.

2 Paint the walls. A new coat of paint can be one of the most cost-effective ways to brighten up any room. It also improves the look and value of the interior and exterior.

3 Lighting. Simple and clean lighting helps improve a home's appearance. Replace any damaged or dated light fixtures in your home.

Homes are available now and ready for buyers. For more information, please visit PrairieCountryHomes.ca.



SHUTTERSTOCK

Red Door can help turn good ideas into profit

Invest in the potential of Saskatchewan

Red Door Venture Group is opening the doors to real estate development as Saskatchewan's potential for economic growth continues to boom.

"People from across the country have chosen Saskatchewan as the place they want to live, work and grow," says company spokesperson Jaimey Midtdal. "There is real estate potential as far as the eye can see in Saskatchewan, and investors and industry insiders should be taking advantage of this potential."

The vast amount of undeveloped land and the province's potential for development has opened up the real estate market for new and innovative opportunities, for developers and for buyers, Midtdal says. The real estate sector considers the Prairie province's economic growth potential as a projection of its future wealth, she adds.

"The boom in immigration and increased job opportunities make Saskatchewan one of the best places in Canada to buy a home,"

Midtdal says. "We're proud to be a part of the province's growth."

The Saskatchewan-based real estate marketing company provides a variety of best-valued homes by building on the province's solid economic foundations, Midtdal says. The Red Door Venture Group teams up with outstanding local developers to deliver high-quality real estate developments across the province.

"We turn good ideas into profit for our customers, while giving them the tools they need," she says.

The Red Door Venture Group works with developers throughout their process, beginning at the land acquisition stage and continuing through the concept and design stage to the sales stage.

"The amount of undeveloped land attracts real estate developers who see a bright future and burgeoning economy," Midtdal says. "Saskatchewan's solid economic foundation has allowed unprecedented growth across the province, and the real estate market has followed suit."

For more about Red Door Venture Group or to schedule a complimentary consultation, visit RedDoorVentureGroup.ca.



AVAILABLE IMMEDIATELY **White City SK**

NEW TOWNHOMES

SHOWHOME

#14 McKenzie Lane

Mon - Thurs (4pm to 8pm)

Sat - Sun (12pm to 5pm)



**THREE BEDROOMS
BATHROOMS**

www.McKenzieLane.ca

Map Location is Approximate Only. Look For The RED FLAG.
Any Information Of Special Interest Should Be Verified
Through Independent Verification.



**Buy Before June 20th, 2014 & Receive
A Spring Getaway Valued At \$10,000⁰⁰**

*Ask Salesperson For Details

Clair Whittington REALTOR®



306.530.9819

clair@maxwellrealty.ca

**Marketed By Red Door Venture Group
www.RedDoorVentureGroup.ca**



'Thomas Vanish' moved to 4th line

NHL playoffs. Habs coach tweaks lineups after poor offensive outings versus Rangers

It is Thomas Vanek's turn to feel the heat.

The veteran forward suddenly became a target among fans and media in Montreal for his lack of production as the Canadiens dropped the opening two games of the NHL Eastern Conference final at home.

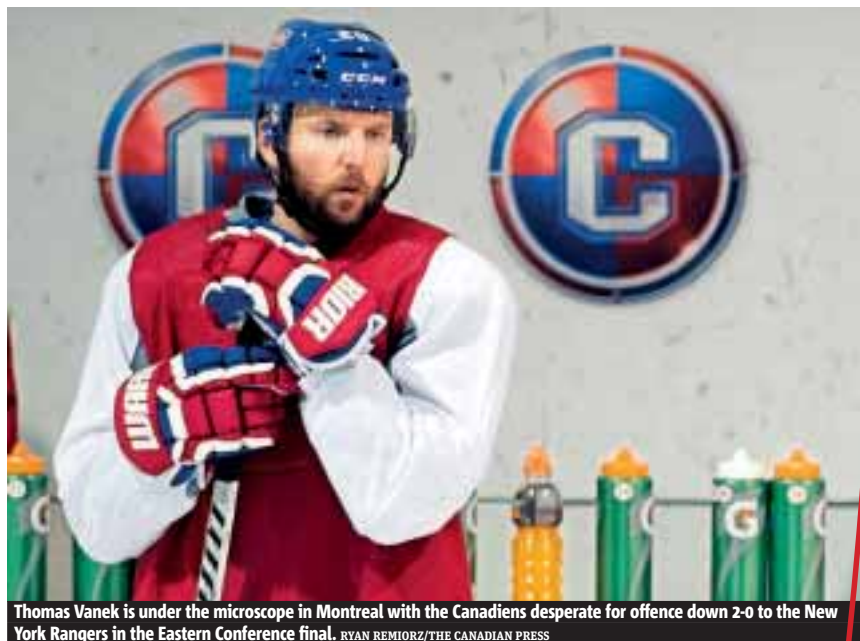
It was given more fuel Wednesday as coach Michel Therrien dropped the team's marquee trade deadline pickup to the fourth line, although that put him with his former Buffalo teammate Daniel Briere in a potentially dangerous scoring duo.

In fact, three of the four lines were changed, with only the top unit of centre David Desharnais between Max Pacioretty and Brendan Gallagher intact.

The Canadiens are looking to get their attack going after scoring only three goals in the opening two games of the best-of-seven series against Rangers goaltender Henrik Lundqvist.

"Obviously we have to find a way to score some goals," said defenceman Andrei Markov. "It's not easy but we have to try our best. Maybe we have to adjust something."

The second line had Tomas Plekanec with Alex Galchenyuk and Brian Gionta on the wings, while third-line centre Lars Eller was with Rene Bourque and Dale Weise. Brandon Prust



Thomas Vanek is under the microscope in Montreal with the Canadiens desperate for offence down 2-0 to the New York Rangers in the Eastern Conference final. RYAN REMIOWZ/THE CANADIAN PRESS

skated with Briere and Vanek.

Therrien cautioned not to read too much into it as it all could change again ahead of Game 3 on Thursday night in New York.

"One thing, the Plekanec line needs to give us more," the coach offered. "I'm ready to stick sometimes with combinations and with three guys working together as long as I see results."

"Sometimes the results are not there but the chances are there. But if I see there are no chances, not much happening, now I'm at a point where I have to make some decisions. Hopefully by making some changes,

something's going to happen."

Plekanec had been playing with Vanek, who had no points and was minus-3 with one shot on goal in the opening two games against the Rangers: A 7-2 wipeout on Saturday and a 3-1 loss on Monday night.

He has been slammed for a perceived lack of effort, and some are calling him Thomas Vanish. **THE CANADIAN PRESS**

Online

Go to metronews.ca for more NHL playoff coverage.



With star goalie Carey Price out injured, the Habs will go with Dustin Tokarski for Game 3. **THE CANADIAN PRESS**

NBA playoffs

George concussed, Pacers banged up

The long break between games in the Eastern Conference finals could be welcomed by Indiana, after Pacers guard Paul George was diagnosed Wednesday with a concussion that will force him to complete several NBA-mandated procedures before he can return to the matchup against the Miami Heat.

The series, now tied at a game apiece, doesn't resume until Saturday night.

George was hurt in the fourth quarter of Miami's Game 2 victory. He stole the ball from Dwyane Wade, but wound up tumbling face-first to the court. Wade, also going for the ball, struck the back of George's head with his left knee.

Indiana not only needs to get George cleared but also had starters Lance Stephenson, Roy Hibbert and David West all either limping or ailing in the final minutes of the loss.

THE ASSOCIATED PRESS

NFL

Wheels in motion for sale of Bills

The Buffalo Bills have officially gone on the market with the hiring of financial and legal advisers who are expected to contact prospective buyers within the next 30 days. The team says Morgan Stanley will act as financial adviser and Proskauer Rose as legal adviser during the sale.

The Bills, whose long-term future became uncertain with the death of owner Ralph Wilson in March, were last valued by Forbes to be worth \$870 million. **THE ASSOCIATED PRESS**

CFL rejects players' labour proposal

The CFL and its players broke their silence on labour negotiations Wednesday with talks stalling just a week before the start of training camps.

In its first public statement on the negotiations, the league announced it had rejected a proposal from the CFL Players' Association and unveiled details of the offer it made to players May 15. Commissioner Mark Cohon outlined the specifics by releasing two letters — one to players and another to fans.

Hours later, the players' as-

No deal

"We advised the CFLPA in no uncertain terms that their proposal was not realistic."

CFL Commissioner Mark Cohon, who said the CFLPA's financial proposal provides for a salary cap increase to \$6.24 million in 2014.

sociation called an impromptu news conference to outline the proposal it sent the league Tuesday. They had expected the offer to be the impetus for discussions the following day.

"It's unfortunate that it's come to this," CFLPA president

Scott Flory said. "We had an agreement in place on a 24-hour ban on making statements to the media and they broke that here today. Again we are disappointed."

"Today appears to be, from our perspective, an orches-

trated attack ... we were a little shocked and feel a little bit ambushed about what happened today."

Cohon defended the league's decision to go public.

"If you look at our negotiations in 2010 and over the last several months to this point we absolutely have not spoken to the media and we've all been resolute about that," Cohon said. "I think we got to a point in the negotiations where we put what we felt was a fair and reasonable offer in front of the players and players' association

and they rejected that offer and came back with something that was untenable and clearly not reflective of where we are as a league today and where we're trying to get to."

"We had the opportunity and the legal right to go out and speak directly to the players."

No new talks are scheduled. The current agreement expires at midnight on May 29 and training camps are scheduled to open June 1. The regular season is slated to kick off June 26.

THE CANADIAN PRESS

Horoscopes

♈ Aries

March 21 - April 20

You will jump right in and get things done today. Your mind is working fast and your body isn't far behind it, so do what feels right and do it magnificently. You will surprise a few people by what you achieve.

♉ Taurus

April 21 - May 21

Your insight is such that others may wonder if you are psychic. Maybe you are, but there is nothing supernatural about your aims: you want to be a success and you want to be rich.

♊ Gemini

May 22 - June 21

There is no point making plans because whatever you decide is likely to be overtaken by other events. Just be ready to act when the opportunity arrives and don't be surprised if it's not what you were expecting.

♋ Cancer

June 22 - July 23

There are times when it is best to keep your feelings to yourself but this isn't one of them. You may surprise yourself with the intensity of your emotions over the next 24 hours. You've been keeping too much inside.

♌ Leo

July 24 - Aug. 23

Others will be happy to do what you ask of them today if they feel that you value their efforts. Say all the right things and you won't have to lift a finger!

♍ Virgo

Aug. 24 - Sept. 23

If you want to make an impression on people in positions of power, now is the time. The Sun in the career area of your chart urges you to do something that makes others sit up and take notice.

♎ Libra

Sept. 24 - Oct. 23

You will be inspired over the next few days. Every idea you have will be touched by genius. Remember though that ideas mean nothing unless you do something with them.

♏ Scorpio

Oct. 24 - Nov. 22

The planets warn you may fall prey to worries and anxieties that at most others times would not bother you. Keep telling yourself that each and every one of them is an illusion.

♐ Sagittarius

Nov. 23 - Dec. 21

You have been asking some searching questions of yourself and today you will discover that the answers you seek are not to be found in your career or in making more money.

♑ Capricorn

Dec. 22 - Jan. 20

Don't be afraid to break the rules. You may be a straight up person but sometimes even a Capricorn has to take a shortcut to get where they most want to be. So long as it does not hurt other people, it's not immoral.

♒ Aquarius

Jan. 21 - Feb. 19

You will be inspired over the next two or three days. The Sun in Gemini will encourage you to believe that all things are possible and that taking risks is not an option but a necessity.

♓ Pisces

Feb. 20 - March 20

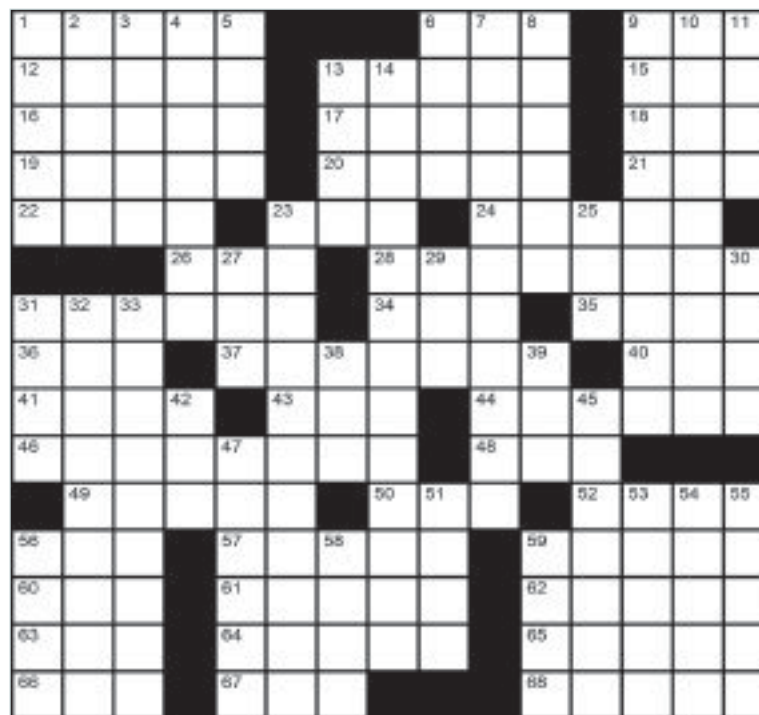
The solution to a problem that has been causing you sleepless nights will pop into your head today and you will kick yourself mentally for not having seen it sooner. Never mind, now you know what to do — so do it.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. April Wine's "Just Between You ____"
6. Rocker Mr. Gallagher
10. Plug-less network connection
14. Repeat a TV show
15. Lodging of lore
16. Water wader
17. Canadian store for sewing supplies, etc.
19. Robert De ____
20. Rihanna/Mikky Ekko song
21. Pencil gradings, commonly
22. Roof-accessing need
24. Flowery souvenir
25. Pants holder-upper
26. Anne Shirley's beloved: 2 wds.
32. Ovid's love poetry collection
33. Concernings, curtly
34. Cheerios stuff, ____ fibre
36. Phoney
37. Curtain call maneuver
38. By land ____
40. Mr. Cage, to pals
41. Trend
42. Avow
43. Canadian Cocktails: Bloody Caesar glass feature: 3 wds.
46. Some streets, shortly
47. ____Medonte (Ontario township)



48. Cooking cover: 2 wds.
51. Brazil: ____ Paulo
52. Network VIP
56. Matinee ____
57. ISBN = International Standard ____
60. Place
61. BMW rival
62. Chimney plume
63. Soon, to Shake-

- speare
64. Gramp's wife
65. Group of six

Down

1. Canine communications!
2. Orderly
3. ____ bit on, as ointment
4. Muddy
5. Q. "What show did George Clooney star on?" A. "____, believe."
6. Juno-winning Reggae artist, Elaine ____ Shepherd
7. "____ little time..." (The fastest way)
8. Beach Boys' "Bar-

- bara ____
9. Strung-together musical blends
10. Southeastern Saskatchewan village
11. In the same place, Latin-style [abbr.]
12. Campsite warmth-giver
13. "I'm not sure if it ____ not."

18. Sonny Bono's duets partner, and namesakes
23. Music: ____Rock
24. Some jeans
25. What the wind did
26. Chatter
27. Bruce Springsteen's "____ Fire"
28. Someone smart's specialty
29. Canadian music manager for acts including Bryan Adams and Anne Murray: 2 wds.
30. "Canadian Girls" by Dean ____
31. Reliever
35. Ms. Hatcher
37. Drinking spots
38. Nobel Peace Prize city
39. PIN-inputting spot
41. Horse's food-holding thingy
42. Mr. Carter, singer Nick's brother
44. Caesar's 56
45. Absorb all: 2 wds.
48. Tilting Tower
49. Aesir ruler
50. Oz dog
51. Fizzy drink
52. Famous model
53. Gaming console
54. "____! spider!"
55. On-the-streets believability, for short
58. "Days of ____ Lives"
59. Show-to-seats, shortly

Yesterday's Crossword

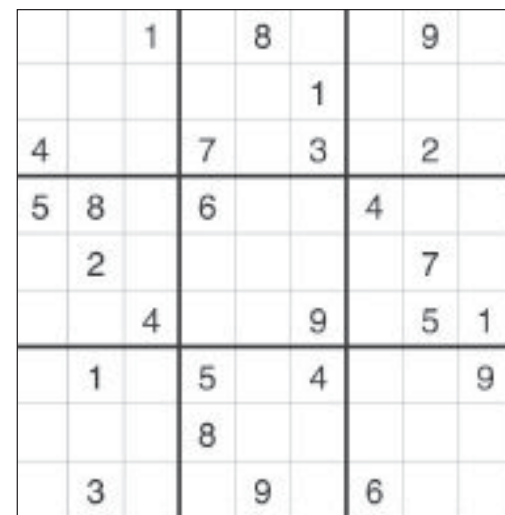


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

27°/14°

Sunny

Friday

29°/14°

Thundershowers

Your #1 weather forecast now available in HD.

Clear your local listings for details.

The Weather Network HD

TWN incorporates MSC data

HENDERSON MEADOWS

Brand New Apartment Rentals!

Month to Month Leases | Pet Friendly | In-Suite Laundry



1251 N Galloway Street, Regina (Near Rochdale and Pasqua)

Private Balcony | Spacious, Open Layout | Close to Transit, Schools and Recreation



Redefining the rental experience

Apply online at broadstreet.ca or call 1-866-736-8515